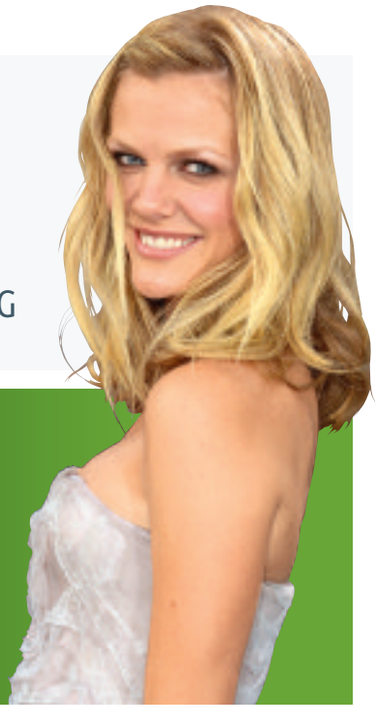
OMG, you're thinner than me!

Sports scientist Venice Fulton promises to make you thinner than your friends with his e-book, Six Weeks to OMG PAGE 10

NO SLEEP FOR BROOKLYN

MODEL-TURNED-ACTRESS GETTING GIGS, INCLUDING A LEADING ROLE IN PETER BERG'S BATTLESHIP PAGE 8



REGIONAL metro®

Tuesday, May 15, 2012

News worth sharing.

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Coates rides to Regina for film industry

Rally. About 200 people met at Sound Studio then marched to provincial legislature

CARRIE-MAY SIGGINS
carrie-may.siggins@metronews.ca

A caravan of vehicles made its way from Saskatoon to the Sound Studios in Regina Monday to show support for the film industry, led by actor Kim Coates.

After an early-morning pancake breakfast, 20 cars, 85 motorbikes, a bus and one semi left Saskatoon and hit the highway. A police escort joined the caravan once it reached the Regina city limits.

A rally of about 200 people, many holding signs and flags, met the motorcade at the Sound Studio then marched to the provincial legislature. Passing vehicles honked in support as caravan of protestors crawled across the Albert St. Bridge.

"What the government wants to do is essentially rape and kill an entire industry of incredibly talented people," Coates told reporters. "They don't have their numbers right. ... These tax incentives are used all over the world."

Katrina German is a Saskatoon-based social media strategist and is currently developing a television documentary series. "We have high spirits," says German "We came to Regina because we wanted to encourage the government to work with us."

German, who while growing up lived in 10 different Saskatchewan towns, wants to see the industry remain viable in this province.

"It's a small industry (in Saskatoon) but it's also very important. We're all living there and continuing to create from there. So we all work together with the Regina crew to be the entire industry in Saskatchewan. We just want to stay here and work."

Petition presented

- **The House.** As the rally gathered outside, Saskatoon Riversdale MLA Danielle Chartier spoke in the House about the effect the government's plan for a new non-refundable tax credit will have on the film industry.
- **The petition.** Chartier presented a petition to the House of signatures from those that doubt the government's plan.
- **Signatures.** Taking up two armloads of paper, the petition totaled 8,126 signatures from dozens of Saskatchewan towns. Premier Brad Wall had left the House before the petition could be presented.

Follow Carrie-May Siggins on Twitter @MetroCarrieMay

In defence

"What the government wants to do is essentially rape and kill an entire industry of incredibly talented people."
Kim Coates

Kim Coates made a spirited speech to the crowd Monday.
CARRIE-MAY SIGGINS/METRO

Saskatoon-born actor Kim Coates arrives in Regina Monday on his Harley, to take part in the rally against the government's elimination of the refundable tax credit for film production in the province. Coates, who flew in from Los Angeles, has starred in numerous Hollywood productions, including Black Hawk Down and the TV hit Sons of Anarchy. CARRIE-MAY SIGGINS/METRO

Victims ID'd in plane crash

Saskatchewan plane crash that claimed five lives on Saturday was 'freaky,' says Regina Flying Club official
PAGE 2

Inmates write to help youth

Thirteen Saskatchewan inmates tell their stories in STR8UP and Gangs: The Untold Stories, a new gang-prevention book
PAGE 3

Plane crashes into Himalayas

Fifteen people were killed and six injured after a plane crashed into a mountain while trying to land at an airport in northern Nepal
PAGE 4

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NEWS

On the web

Testing robots on human contact

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Inking your medical condition not the solution

With more people replacing MedicAlert bracelets with tattoos of their medical conditions, doctors are warning that getting inked doesn't usually suffice. Read the story at metronews.ca

Mobile news

Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

Plane crash a 'freaky' incident: RFC official

Tragedy. Regina residents identified in Saturday's mid-air collision that killed five

An experienced pilot says a mid-air collision in Saskatchewan that took the lives of five people probably happened in the blink of an eye.

"It happened so quickly. If you saw them with any amount of warning, you could have avoided it, and when you think about it and the speed they were travelling, a part of a second would have made a difference," Tom Ray of the Regina Flying Club (RFC) said Monday.

"Normally it's see-and-be-seen as far as going into smaller airports like that or flying over a smaller airport, but they were probably coming about 90 degrees. One was northbound, one was eastbound and maybe there was sun in their eyes. Who knows?"

Ray suggested the collision may have been similar to a vehicle being T-boned at an intersection.

"Typically pilots look ... forward where they're going mostly rather than 90 degrees off to the side."

Debris from the planes was scattered on grassy fields and among trees near St. Brieux, northeast of Saskatoon, after the collision Saturday. One of the planes was submerged in water. The bodies of the victims were recovered Monday.

Police had yet to identify the people killed, but family members confirmed that the three on board the Piper were Denny Loree, Eric Donovan and his 11-year-old son Wade. All lived near Mossleigh, Alta.

An obituary in a Saskatchewan newspaper said Joy and Eric Jackson of Regina were also killed. THE CANADIAN PRESS

Rare occurrence

"We know that they're very rare (collisions), especially in uncontrolled airspace. The fact that they were in the same location, at the same time and at the same altitude is just a very freaky thing."

Tom Ray of the Regina Flying Club

Investigation continues

Transportation Safety Board investigators are trying to piece together what happened.

- Board spokesman Peter Hildebrand said the investigation was proving difficult.
- "It's not a matter of just collecting the debris off the field. It's buried in the water and in the marshy areas, so it depends a lot on what complications could occur and what kind of equipment can we find to go in there and look at it," Hildebrand explained.

Driving toward renewal

Mayoral candidate Chad Novak released his plan for a "Regina Renewal Project" Monday. Novak proposes renovating the existing Mosaic Stadium instead of moving it to a new location as the city suggested in a recent study. While Novak claims the "controversial" stage of his campaign is over, many still wonder about the effect his antics are having on the mayoral race. JEFF MACKEY/METRO

Fell down chimney

Man gets trapped in furnace trying to elude police

A man is in custody after throwing bricks at police from a rooftop in Moose Jaw, Sask., then falling down the chimney into the building's furnace.

Police got a call about a man on the roof of the building just north of Mosaic Place on Saturday.

They tried to talk the man down, but instead he threw bricks at the officers. When the police negotiator showed up, the man tried to get off the building by climbing into the chimney.

He fell down the chimney about 15 metres into a furnace, but he couldn't get out and called for help.

Once firefighters and EMS got him free, the man — who was found with a sword — was charged with mischief and assaulting a police officer.

THE CANADIAN PRESS

Lineup of events

Saskatchewan Tourism Week kicks off

Tourism, Parks, Culture and Sport Minister Bill Hutchinson and Tourism Saskatchewan's Acting President/CEO Candace Phelps kicked off Saskatchewan Tourism Week Monday at the Saskatchewan Science Centre in Regina. Saskatchewan Tourism Week runs from May 14-21.

Communities throughout Saskatchewan will be celebrating Saskatchewan Tourism Week with public barbecues, community tours, flag-raising ceremonies, open houses, contests and promotions. For a complete list of Saskatchewan Tourism Week events planned throughout the province and to enter the Embrace A New Place Contest, visit www.TourismSaskatchewan.com.

METRO

Technology. Family services records go digital

Saskatchewan foster care has officially been pulled into the modern era. The Child and Family Services Division, which works to protect abused and neglected children, has done away with its paper-based filing scheme for its cases. All child and family services records are now stored and retrieved digitally.

Saskatchewan is the last Canadian province to make the change to a digital filing system for these sensitive files.

"We weren't putting our vulnerable children first, so we made a commitment that we would ensure that we had an automated system for our children," said Minister of Social Services June Draude.

"Because we are the last province (to implement a digital system), we have had the chance to learn from other provinces and take their best advice and ideas. Now we have a system that we think is top-notch."

This new technology will provide caseworkers with accurate, accessible information wherever they need it. The goal of the new system is to enhance the ability of these caseworkers to properly care and protect vulnerable children.

JEFF MACKEY/METRO

Quoted

"One of the reasons it has taken us as long as it has, since 2008 until now, was to make sure that the confidentiality issue was being addressed on every front."

Minister of Social Services June Draude

Public input. Local woman starts petition for stadium

Dawn Thomas has created a petition asking residents of Regina what they think of the proposed stadium project.

"I started the petition," says Thomas, "because I thought it was really important that Regina residents get a say in whether or not the stadium moves forward, and if it does what it looks like. "

In four days, Thomas had collected 91 signatures for her online petition. But a call in to the city clarified that online petitions are not accepted, and she now must start from scratch.

"There are so many problems with the state of where it is now," says Thomas, "and where it needs to be, that I think that the city as a whole needs to buy into it."

Thomas is now organizing a paper petition. Those interested in signing or volunteering to get signatures can email Thomas at dawn.thomas@sasktel.net.

CARRIE-MAY SIGGINS/METRO

‘Timeraiser’ exchanging art for volunteer hours

Amanda Lanoway HANDOUT

Everyone’s heard of a fundraiser before, but what about a Timeraiser?

Timeraiser Regina, taking place Tuesday evening at Casino Regina, is an event that plans to auction off artwork to raise hours of donated volunteer time rather than funds.

“A lot of the work that gets done by United Way and the other non-profits that will be represented at the event, really does rely on volunteer and man-power,” says Amanda Lanoway of Regina United Way.

Fourteen works of art by local artists will be on the auction block. Instead of dollars, attendees will bid on the works with hours of their time. The person who donates the most wins the piece.

“Timeraiser has allowed us to connect to the non-profit sector, the arts and culture community as well as the corporate community,” says Lanoway. “Many events don’t have the capacity to do that.”

The event also gives potential volunteers a way to discover which organization is right for them. “

People want to get out and volunteer, “ says Lanoway. “They’re just not necessarily sure where to go or what to do to get started. This will provide a forum to have conversations with 25 local non-profit organizations that you may not have thought of to call on.”

The first Timeraiser event was held in 2002 in Toronto, and went national soon after with an event in Calgary in 2006.

Since then, the 40 events have taken place across the country, raising almost 100,00 confirmed volunteer hours for non-profit organizations and selling more than 800 pieces of art.

Organizers of TimeRaiser Regina hope to raise 4,000 hours for the 25 non-profits that will be taking part in the event.

“Organizations simply can’t get done all the work they need to get done without the work of volunteers,” says Lanoway.

Saskatchewan’s own JJ Voss will be performing music at the event and a cash bar will be available. Tickets are $20 at the door.

CARRIE-MAY SIGGINS/METRO

Writing wrongs: Saskatoon inmates release a new gang-prevention book

Youth. ‘Untold’ stories will try to steer young people away from a life in street gangs

DORIAN GEIGER
Metro Saskatoon

Through the power of writing, a group of inmates at the Saskatchewan Provincial Correctional Centre are striving to make a difference in the decisions youth make.

In conjunction with anti-gang organization STR8UP, 13 inmates at the SPCC contributed to a gang-prevention book entitled STR8UP and Gangs: The Untold Stories, which focuses on steering youth clear of life on the streets.

Published by Saskatchewan-based Hear My Heart Books, STR8UP and Gangs is an autobiographical compilation of the inmates’ lives. At-risk youth, children and classrooms around the country are its target readers.

Inmate-writer Aaron Ross hopes younger generations can take a page from his book of life.

“My goal was to aim it at the younger generations coming up behind me. They can learn from my mistakes and take a little bit of what they hear in my life and relate it to their own,” said Ross.

38-year-old inmate Brendan Jimmy has been writing all his life and despite a troubled past, he’s intent on guiding youth away from the temptation of street life.

“I’ve led a pretty colourful life. I’ve done things that I’m not proud of and I can’t even talk about,” said Jimmy.

Jimmy explained that his message in STR8UP and Gangs embodies hope and inspiration. His writing is aimed at kids living on the street and those without parent figures around.

“One of the big points I made in the book was that I want to see more of our native brothers in universities, in the National Football League and the National Hockey League and for them to follow their dreams,” added Jimmy, a father of three.

John Siwak, 28, is another inmate-contributor of STR8UP and Gangs. Siwak recalled being 11 years old and having two former gang members come to speak to youth in a classroom setting. At the time, Siwak disregarded what his presenters had to say. Now Siwak is on the other side of the fence and when he’s not incarcerated, he’s helping STR8UP with school presentations and similar gang prevention initiatives.

“Now we’re the ones getting pointed at and laughed at by these little kids,” Siwak chuckled. “It’s just a funny circle. It must have had an impact on me. If some kid is doing terrible right now or five or ten years down the road and wants to get out of that life, hopefully they can get something from (STR8UP and Gangs).”

STR8UP and Gangs was launched at McNally and Robinson in Saskatoon on Monday and will have a second launching at the White Buffalo Youth Lodge from 2 to 5 p.m. on Wednesday. STR8UP and Gangs can be purchased for $10 at McNally and Robinson, with a portion of proceeds going towards STR8UP and gang prevention

Making a difference

“If they learn from our stories it may click in their heads.”

John Siwak, 28, an inmate-contributor of STR8UP and Gangs.
He hopes the book will make a difference in the lives of troubled youths

From left: Brendan Jimmy, Aaron Ross, Dale Isaac and John Siwak share their life experiences with gangs and street life that are captured in STR8UP and Gangs: The Untold Stories, at the Saskatchewan Provincial Correctional Centre on Monday. DORIAN GEIGER/METRO

Grain industry

$50M pasta plant for Regina put on hold until 2013

Plans to build a $50-million pasta-processing plant in Regina have been put on the back burner.

Alliance Grain Traders says the project announced last October by Prime Minister Stephen Harper has been put on hold until 2013.

The company says in a news release it wants time to monitor developments in the North American grain industry.

Harper said the pasta plant proved the benefits of dismantling the Canadian Wheat Board’s single-desk market.

The chair of the Canadian Wheat Board Alliance says the delay of the project is directly linked to the end of the board’s monopoly.

Bill Gehl says that small grain processors such as Alliance Grain Traders need the fairness of a single-desk market to survive.

“Our wheat board had a policy of treating all processors equally, so large processors could not obtain volume discounts from farmers and push out smaller operations, and now that fairness will end with the single desk,” Gehl said in a release.

Murad Al-Katib, CEO of Alliance Grain Traders, said management believes it’s wise to focus on the company’s balance sheet and “improve our business metrics” before proceeding.

“Pending developments, such as the de-monopolization of the Canadian Wheat Board and the proposed sale of Viterra to Glencore, as well as the free-trade negotiations between Canada and the European Union, will continue to reshape the landscape of the industry,” he said.

Al-Katib added that planning and design work for “larger projects” such as the pasta plant “will continue so that they are ready for implementation when we feel it is the right time to do so.”

THE CANADIAN PRESS

B.C. Three confirmed dead in float-plane crash

Three people have died in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board (TSB) spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went down just before 7 p.m. on Sunday, only minutes after takeoff from Okanagan Lake.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire.

The coroner and three TSB inspectors were due to arrive at the crash site on Monday, and Yearwood said there was little information about the victims.

A final report on what could have caused the crash will not be released for several months.

THE CANADIAN PRESS

G20. Report clears RCMP of wrongdoing at summit

The RCMP acted in a "reasonable and appropriate" fashion during the 2010 Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited report, the Commission for Public Complaints Against the RCMP says planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the commission says in its report released Monday.

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, says the report.

THE CANADIAN PRESS

Plane hits Nepalese slope, killing 15

Asia. Northern airport is a gateway to the revered Muktinath temple, a popular destination for trekkers, Hindu pilgrims

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

THE ASSOCIATED PRESS

Survivors

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

- "We were thrown around. The seats were unfastened and we were squeezed between seats and bodies," it quoted Joergensen as saying.
- She said they had to climb over "hands and arms" to get out of the plane.
- "I think it was easy for us to get out because we sat in the back and were closest to the exit," Joergensen said.

Plane-crash survivor Andreas Rasch of Denmark is helped by rescue workers after being flown for treatment to Pokhara, Nepal, on Monday.

SANTOSH POKHARAL/THE ASSOCIATED PRESS

Manitoba

Psychiatrist backs escorted trips for beheader

Vince Li could be granted temporary passes away from a mental hospital four years after he beheaded and cannibalized a fellow passenger on a Greyhound bus. His psychiatrist said Monday Li has responded well to medication and should have the right to escorted trips into Selkirk, Man. THE CANADIAN PRESS

Montreal

Suspected smoke bombers must wait for bail

There were cheers in the courtroom as four people accused of smoke-bombing Montreal's subway last week made an appearance Monday. The accused had been hoping to obtain their conditional release but were forced to remain behind bars as their bail hearing was postponed until next week. THE CANADIAN PRESS

Mexico

Names have yet to be put to bodies after massacre

Authorities struggled Monday to identify the 49 people found mutilated in a region near the U.S. border in the presumed fight between Mexico's two top drug cartels. More than 24 hours after the discovery, officials had yet to identify any of the corpses, found without heads, hands or feet. THE ASSOCIATED PRESS

New Jersey

Man accused of stealing murder victim's identity

Authorities say a security supervisor at the Newark, N.J., airport has been arrested on a charge he was using the identity of a New York man who was murdered 20 years ago. Bimbo Olumuyiwa Oyewole, 54, an illegal immigrant from Nigeria, was known to co-workers as Jerry Thomas. THE ASSOCIATED PRESS

News in pictures

1 Italy. Crypt opened for clues

Pietro Orlandi, brother of missing girl Emanuela Orlandi, 15, arrives at Sant'Apollinare Basilica in Rome on Monday. Forensic police swarmed the crypt of the basilica to exhume the body of reputed mobster Enrico De Pedis as part of an investigation into the girl's disappearance in 1983. De Pedis' one-time girlfriend has reportedly told prosecutors that he kidnapped Emanuela. THE ASSOCIATED PRESS

2 China. Poisoning plot denied

The Dalai Lama leaves St. Paul's Cathedral in London on Monday after receiving the 2012 Templeton Prize for encouraging scientific research and harmony among religions. China accused the Dalai Lama of being deceitful after he reportedly alleged that Chinese agents trained Tibetan women to assassinate him by planting poison in their hair for him to touch during blessings. THE ASSOCIATED PRESS

3 Quebec. Minister steps down

Quebec Education Minister and deputy premier Line Beauchamp resigned from politics on Monday in a bombshell announcement that came after months of student-related unrest. THE CANADIAN PRESS

4 Afghanistan. Blow for peace

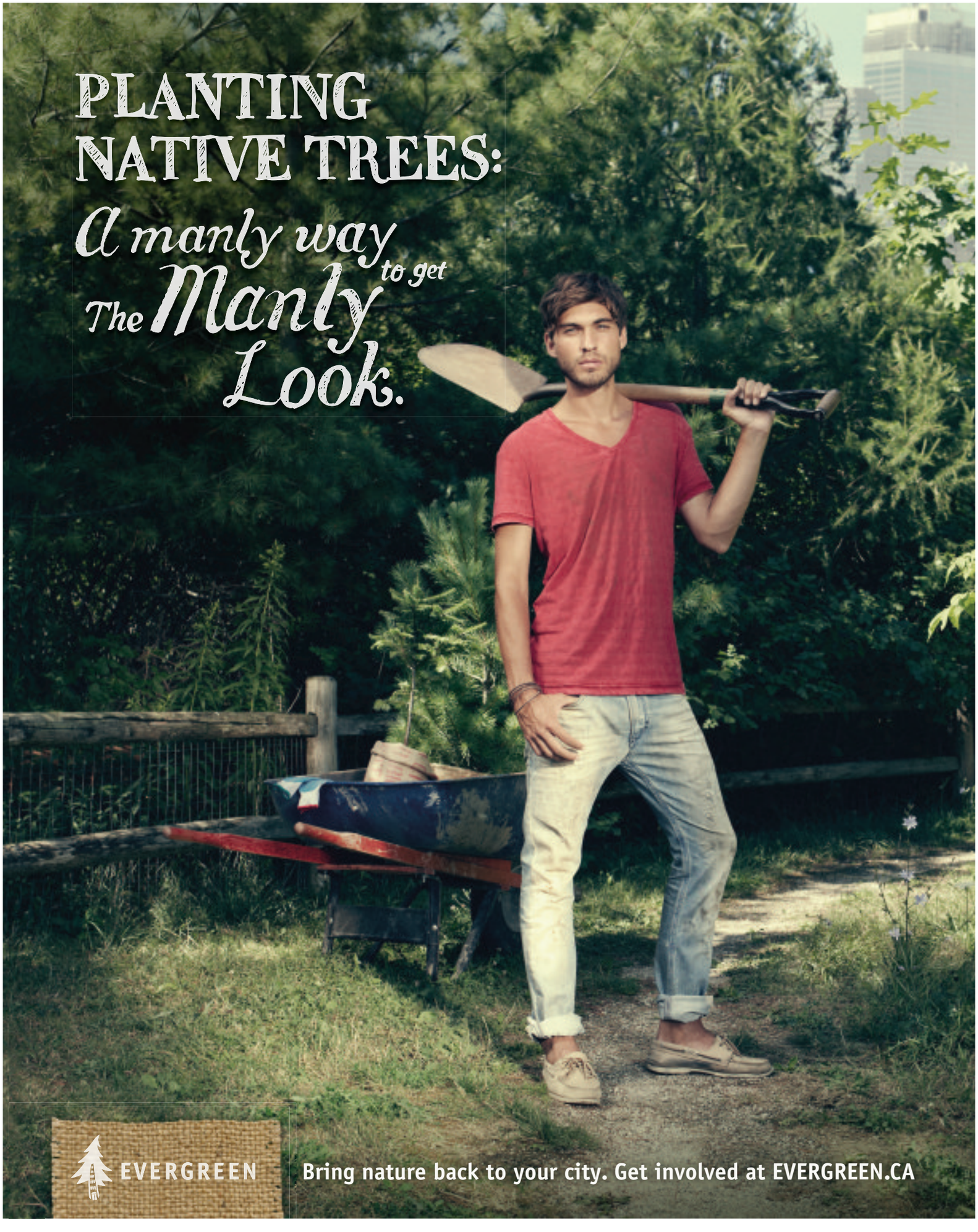
Afghan soldiers stand guard near the coffin of former high-ranking Taliban official and peace negotiator Arsala Rahmani during his funeral ceremony in Kabul on Monday. A gunman in a car assassinated Rahmani on Sunday.

THE ASSOCIATED PRESS

5 Mideast. End to hunger strike

An activist demanding the release of Palestinian prisoners is seen inside the Socialist Party headquarters in Paris on Monday. Hundreds of Palestinian prisoners agreed on Monday to end a weeks-long hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial, the two sides announced.

THE ASSOCIATED PRESS


PLANTING
NATIVE TREES:
A manly way to get
The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA

MAY 15, 2012
BRING YOUR CAMERA
We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome.
Read more at aday.org. Let's picture the world. Together.
VINGE
ADAY.ORG

Canucks confident in job security

Economic climate. Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

"There were some surprising findings," said John Cardella, Ceridian's vice-president of human resources.

He points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Human resources firm Ceridian said one of the interesting findings is that employees who are given performance reviews tended to be more satisfied. Cardella said that is likely because they felt "connected" to the business.

The survey found on the job satisfaction indicators, there has been a dramatic shift downward in attitudes.

Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago. Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011.

THE CANADIAN PRESS

Quoted

"...That one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent."

John Cardella, Ceridian's vice-president of human resources

Japan taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon is moving toward fully automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. KOJI SASAHARA/THE ASSOCIATED PRESS

Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

The guidelines were developed by Canada's major banks and credit unions, although analysts say using smartphones as surrogate wallets to pay for purchases is still a few years off.

Telecom analyst Iain Grant of the SeaBoard Group says smartphones first need to be equipped with what's called Near Field Communication, a technology that allows consumers to tap or swipe their phones against terminals to pay for goods.

THE CANADIAN PRESS

Market Minute

DOLLAR 99.71¢ (-0.2¢)

TSX 11,488.61 (-206.14)

OIL $94.78 US (-$1.35)

GOLD $1,561 US (-$23.00)

Natural gas: $2.431 US (-7.8¢)
Dow Jones: 12,695.35 (-125.25)

CATS AND THEIR CURIOUS APPEAL

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend, cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.

Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping

Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view

"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)

The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view

"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA

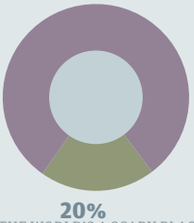
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

80%
AGAINST: THAT'S CRAZY SAUCE!



20%
FOR: THE WORLD'S A SCARY PLACE

Twitter

@nomorenovak: @tbeaudrymellor I believe it is @Chad4Mayor who has turned it into Jerry Springer. If #yqr deserves better, ask him to quit his gong show

@JaredLaCoste7: I think its time for @theGeezKneez to make an appearance in #YQR. Anyone else agree??

@daegan501: HEY #YQR #SKPOLI I LOVE THE RIDERS, DOWN WITH THAT STUPID FILM S–T AND LET'S GET THIS NEW STADIUM ROLLING!!... Wait, no roof?!

@dan_bowman: I see the old Office Depot bldg on Albert and 7th has been sold. Anyone know who bought it? Just curious... #YQR

@JesseRobson: Why are we trying to build a new outdoor football stadium the exact same size as our current outdoor stadium, 1 block away? #CFL #YQR

metro

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SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie Snow White and the Huntsman Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In Snow White and the Huntsman he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).
THE ASSOCIATED PRESS

On the web

Fox moves Glee to Thursday, turns Tuesday into comedy night

Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy Just Go With It, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film Battleship — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like Hancock and Friday Night Lights — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"Battleship has a lot of different elements, and Brooklyn is a huge a plot of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free What to Expect When You're Expecting due out this Friday.) "You know, I just want to play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

JOHN MAYER
EXCLUSIVE FIRST LISTEN!
Born and Raised
Listen to John Mayer's soulful new album Born And Raised for free exclusively TODAY on iTunes at iTunes.com/johnmayer
Stream the entire album and then pre-order BORN AND RAISED before the album comes out May 22nd
Available on iTunes
ITUNES.COM/JOHNMAYER

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Adele

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tourist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

Jessica Simpson

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is insanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

The Word

Hit me baby: Britney joins X Factor

THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

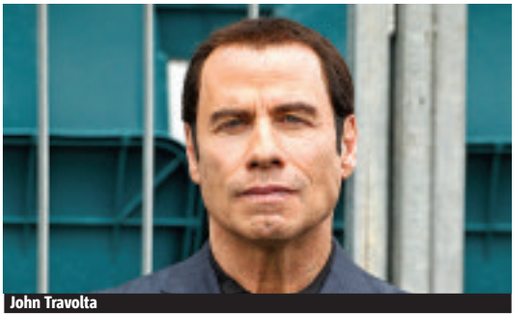
Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter. "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.

Drew Barrymore ALL PHOTOS GETTY IMAGES

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, according to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.



John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about about how the mediation will proceed," a source says.

Twitter

@ElizabethBanks
It's fine to have a nutter butter for breakfast if it's from bouchon bakery, right?

@SimonCowell
As the moon is so close to the earth I think it's making a few people go nuts. Good news is it's not close for long - my thought for the day

@lindsaylohan
sorry! doing a bunch of things on the internet at once!!! xo

@ConanOBrien
I'm just like the Hulk, except when I'm mad, I get dry mouth.

3 LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at SickKids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure.

The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

METRO

On the web

Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

The 'OMG Diet': fact vs. fiction

Mythbusting a new diet. In his bestselling e-book, Six Weeks to OMG, sports scientist Venice Fulton promises to get you 'skinnier than all your friends.' We asked a doctor if the program is healthy enough to trust

ROMINA McGUINNESS
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Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, Six Weeks to OMG promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.

Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton. "If you sit at your desk and not moving, this fat won't be used and will just float around until it is eventually deposited in the arteries."

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.

Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half of your plate, vegetables the other half. Just don't restrict yourself. "The minute you restrict something from you diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "We all vary in our genetic needs but it's best to allow your body to wake up naturally. Deep sleep allows the thyroid to reset itself properly and get back into full speed once you wake. When your thyroid is high, your metabolism is on turbo boost."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.

Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton. Essentially, the body will use stored body fat as fuel to keep you warm.

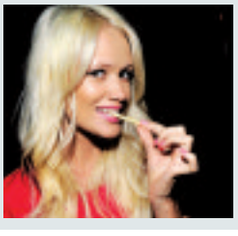
What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Fulton's Top 3 diet tips

1 No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with that one moment you 'give' yourself a treat, and you may overdo it.

2 Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.

3 Control cellulite: Our skin is made up collagen and elastin, both of which are damaged by high levels of insulin (sugar levels). Improve skin quality by eating carbohydrates in moderation and this will control cellulite.



Superfood

Berries fuel brain and body, new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years.

METRO WORLD NEWS

Walking

Get your daily dose of vitamin W

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps can really add up over time to weight loss (it also includes a section on how to make healthy choices at fast-food and restaurant chains, a weekly meal planner and a ton of healthy recipes), we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease. The easiest way to reach that 10,000 number and beyond is to wear a pedometer, at least until you get some perspective on what it takes to reach this goal (pedometers can be found at sporting goods stores, fitness stores and some drug stores; they range from inexpensive to pricey). Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

If you have any health concerns, be sure to speak with your doctor first to ensure it's safe for you. The Swap & Drop Diet book not only has a step-by-step, easy 12-week plan you can follow, it is full of ideas for how to add more steps, too.

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Coconut Pork Stir-Fry that will make your wok sizzle

Coconut Pork Stir-Fry

This recipe makes four to six servings. NEWS CANADA

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

You can swap out pork for chicken or tofu if you prefer. While the recipe calls for rice, you could also try it with soba noodles or brown rice instead.

1. Combine the marinade ingredients in a bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2. Heat the oil in large skillet or wok over medium-high heat until hot. Stir-fry the pork, half at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted spoon.

3. Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired. **NEWS CANADA**

Ingredients

Marinade
- 1 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

Stir-Fry
- 375 g pork tenderloin, cut lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices
- 1 tbsp canola or vegetable oil
- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices
- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

Peanut Butter & Honey Power Sticks. Great for breakfast on the run

Looking for a quick breakfast? Here is a no-bake option you can keep to bring with you when you are on the run.

1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parchment paper. Store in an airtight container. **THE CANADIAN PRESS/ WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey

Farro Salad with Grilled Italian Sausage. Warm side dish offers protein

1. Bring 1 L (4 cups) of salted water to boil. Add farro; cook 15 mins. or until grains are plumped and chewy. Drain and set aside.

2. Meanwhile, heat grill pan to medium-high. Add sausages and cook 10 mins., turning occasionally until browned on all sides. Cut into bite-sized pieces; set aside.

3. In bowl, whisk olive oil, lemon juice and pepper to taste. Mix in feta cheese. Add farro to bowl and mix well. Set aside for 5 minutes to cool slightly.

4. Stir in tomatoes, cucumber, green onions and oregano. Add sliced sausages and sprinkle with almonds to serve. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 250 ml (1 cup) pearled farro
- 4 sweet Italian sausages
- 50 ml (1/4 cup) olive oil
- 45 mL (3 tbsp) lemon juice
- Freshly ground black pepper
- 250 ml (1 cup) crumbled Feta cheese
- 6 plum tomatoes, diced
- 1 cucumber, peeled, seeded and chopped
- 2 green onions, diced
- 15 ml (1 tbsp) chopped fresh oregano
- 15 to 30 ml (1 to 2 tbsp) toasted sliced almonds

Farro & Mushroom Stuffed Acorn Squash: Savoury combo

The key to ensuring that dinner is both substantial and healthy? Fibre.

Adding plenty of whole grains and vegetables not only provides piles of nutrients, it also fills you up and keeps you full long after the meal is finished. As well, these foods tend to be lower in calories, which means you can load up without getting weighed down.

This one-dish meal is rich in savoury flavours thanks to a blend of mushrooms and cheese, as well as plenty of fibre from the farro.

The flavours of the stuffing combine with the sweetness of acorn squash and fresh, bright citrus and herbs to create a meal that will feel less like you're leaving something out and more like you're indulging in something hearty.

1. Cut acorn squash into quarters. Scoop out and discard seeds. Trim off slice of skin from the curved side of each quarter to allow it to sit flat.

2. Spray a 23-cm-by-23-cm (9-by-9-inch) baking dish with cooking spray and arrange squash in pan, skin side down. Bake in preheated 190 C (375 F) oven for 30 to 40 minutes or until just softened.

This recipe serves four. THE CANADIAN PRESS

3. Meanwhile, in large pot of boiling salted water ,cook farro for about 15 minutes or until tender but still al dente. Drain and set aside.

4. Heat a large non-stick skillet over medium-high heat. Add mushrooms, salt and pepper and cook for 10 minutes or until well browned. Add garlic, shallots, spinach, orange rind, thyme and oregano and cook for 3 minutes. Stir in drained farro.

5. When squash is ready, spoon stuffing into centre of each quarter. Sprinkle feta cheese over stuffing and bake for another 20 minutes or until squash is tender when pierced with the tip of a knife. Serve each squash quarter with a wedge of lemon. **THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 1 large acorn squash (about 750 g /1 1/2 lb)
- 125 ml (1/2 cup) farro
- 250 g (8 oz) mixed mushrooms, chopped
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 2 cloves garlic, minced
- 2 shallots, chopped
- 500 ml (2 cups) baby spinach
- 2 ml (1/2 tsp) grated orange rind
- 15 ml (1 tbsp) chopped fresh thyme
- 5 ml (1 tsp) chopped fresh oregano
- 30 ml (2 tbsp) crumbled feta cheese
- 4 lemon wedges

Advice

When nature calls, don't answer

CHARLES THE BUTLER
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For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse yourself from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but also to understand the reason it exists. So here are the five reasons why one does not leave the dinner table.

You should only go to the restroom before, or after, your meal. ISTOCK

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Tweeting is equivalent to sex: Study

Social media. Research shows that people who talk about themselves have similar brain reactions to those who engaged in eating or sex

MICHELLE CASTILLO
Metro World News

Go ahead, boast about yourself. ISTOCK

Earlier this month Kanye West's fans learned which clothing styles he hated — whether they cared or not. With each 140-characters-or-less statement, the award-winning rapper and questionable fashionista shared his opinions on the outfits he saw around New York.

"I hate button-up shirts with hoodies," West tweeted. "I hate hoodies with sports coats," he added. "I hate sports coats with button-up shirts, jeans and dress shoes," he stated.

This isn't the first time West has let people know exactly what he was thinking, including the day when he provided, in excruciating detail, his decision to buy a bike. West's and other celebrities' propensity to share intimate details of their personal lives online might be rooted in science.

A new study in the Proceedings of the National Academy of Sciences (PNAS) shows that people who talk about themselves had similar brain reactions to those who engaged in eating or sex. People were even willing to give up money in order to keep talking about themselves.

In other words: Boasting about our everyday lives gives us as much pleasure as doing "primary awards" or basic needs activities.

We all need feedback

"The thousands and thousands of responses, the degree of intensity to that person, it must be very confirming of their importance. It pushes people to want to get that kind of feedback and notoriety," Dr. Phil Muskin, chief of consultation-liaison psychiatry at Columbia Psychiatry in New York, told Metro World News.

Dr. David Rubin, a psychiatrist at NY-Presbyterian/Weill Cornell & Columbia believes it's not just a new-media problem that makes it seem that celebrities — and many of us — share too much of themselves online. Even in our day-to-day lives we are aware of people who overshare information about themselves. Twitter, Facebook and blogs are simply a new medium to do it in — and it's much easier since you don't have to do it face-to-face. According to the PNAS study, four out of five postings on social media sites are about a person's immediate experiences.

Freedom from restraint

"It gives people freedom from the restraints of social etiquette, professionalism and the freedom from reactions, letting them divulge more, Rubin said.

"(Fans) can play the role of the friend… People are gathered together to read the mundane aspects of one of their 'friend's' lives. It takes it up a notch and creates some pseudo-connection," Rubin explained.

It also helps that by simply tweeting a statement, there's no immediate negative feedback. That doesn't mean one doesn't eventually have to face consequences. But, because there's no instantaneous chastisement for posting something that isn't politically correct, so the poster feels like anything they feel like saying they should say, Muskin commented.

So, celebrities who tweet about themselves — and your friends who unnecessarily detail every moment of their lives on Facebook — don't necessarily have big egos: They may just enjoy the simple pleasures of life much more than most of us.

Dealing with your moody teenager

T. MICHELLE MURPHY
Metro New York

Teenage years are often the hardest to get through — not just for adolescents, but for their parents as well.

The transitional years between ages 13 and 19 bring an onslaught of internal and external conflict — ranging from pressure at school to hormonal changes. Young adults might shut down or even act out when they're trying to cope.

Dr. Gregory L. Jantz, founder of The Center for Counseling and Health Resources, recently published When Your Teenager Becomes the Stranger in Your House. We asked him to tell us more about what teenagers are going through, how parents can detect early warning signs and how to ease this difficult period for the whole family.

It seems like all teenagers are excessively moody. Why is that?

One of the things is the technology issue. We're finding an interesting trend with how young people are consumed with technology, as far as text messaging and screen time.

There reaches a point where the brain is oversaturated and overstimulated, and we end up creating a depressed brain with over-anxiousness. About 20 per cent of our teenagers (in the U.S.) are clinically depressed. That's different than moodiness.

Quote

"Let teens have their emotions, and don't rescue them. You're the parent, not the friend. If we're helicopter parents, they're not going to learn to deal with the three (adult) emotions of anger, fear and guilt." Dr. Gregory L. Jantz

You talk about girls and boys separately — how are their experiences different?

There are gender differences (as far as) what's going on in the brain. A boy handles depression and moodiness differently than females. Of course, testosterone is an aggression chemical, so boys may be acting out more in a physical sense. Girls who have unresolved depression ... the more the intensity, the more inward they become. And with girls, we're seeing this at earlier and earlier ages.

How can parents communicate when teens are working so hard to shut them out?

There are three things they need from us: They need to feel accepted, understood and affirmed by us. I think oftentimes we can get very judgmental — and remember, they're hypersensitive to anything critical. (They need) to know they have value. This doesn't mean you agree with everything they say. Too often we want to fix things quickly, but we should be sure that we're listening first.

She's at that moody age. ISTOCK

A look at the pitfalls of financial infidelity

'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters

YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no- good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book Innocent Spouse, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed $3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is long-standing in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- **28%.** Check with their spouse on every single purchase
- **6%.** Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

House hunting

Home-buying pressure doesn't always result in diamonds

Don't sell yourself short

"I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. "

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one?'

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't found the right place.

But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search.

Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea.

A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location

Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, access to transit, schools, grocery stores and bicycle paths.

At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility.

Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price

Be realistic. Does your desired square footage, in a hot location, translate into a $2-million home when you can only afford $500,000?

Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment.

Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition

A proper home inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear.

If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best.

Stick to your criteria and find something that's just right for you.

4

SPORTS

NFL

NFLPA challenges Saints ruling

The NFL players' union grievance against the league in the Saints bounties scandal will be heard Wednesday. The union claims commissioner Roger Goodell doesn't have the authority to hand out discipline for player conduct that occurred before the current collective bargaining agreement was finalized last August. The players argue that a CBA arbitrator, and not Goodell, has the right to decide player punishment under such circumstances, as well as rule on any appeals. THE ASSOCIATED PRESS

On the web

Rangers-Devils rivalry revs up in Game 1

Eighteen years after the New York Rangers beat the New Jersey Devils en route to their first Stanley Cup since 1940, the rivals meet again in the East final. Go to metronews.ca/sports for Game 1 coverage.

Mobile news

After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly-impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

Searching for ways to knock Kings off throne

The Kings celebrate Anze Kopitar's goal as Pheonix's Oliver Ekman-Larsson skates past on Sunday in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Phoenix tries to adjust tactics ahead of Game 2

The Phoenix Coyotes survived stretches of playing on their heels in the playoffs' first two rounds, absorbing everything the opponent threw at them before counterpunching with a winning goal.

Against the Los Angeles Kings, they quickly learned that method won't work.

More skilled and equally tenacious as Phoenix, the Kings hit the Coyotes hard and kept coming in Game 1 of the Western Conference final, rolling to a 4-2 win Sunday night.

With Game 2 Tuesday night in the desert, the Coyotes have a short turnaround to figure out a way to stop this Los Angeles juggernaut or it could end up being a short series.

"We know we need to be better," Coyotes forward Boyd Gordon said Monday after practice. "They're a very good team, they work hard, they compete and they battle. If we come out like we did in Game 1, we'll be in big trouble."

The Kings have been doing this all playoffs.

The West's last team to get in, Los Angeles has arguably been the NHL's best team in the playoffs, its combination of grit, skill and superb goaltending overwhelming opponents.

More than the technical adjustments, the Coyotes need a change in attitude, to get back to their grinding ways.

A team without any true stars, Phoenix relies on a lunch-pail approach, getting to the loose pucks first, winning individual battles all over the ice.

The Coyotes didn't do that against Los Angeles in Game 1.

THE ASSOCIATED PRESS

Quoted

"We know how we play and don't worry about the matchups."

Kings centre Jarret Stoll

Cycling

Canada's Ryder still on top in Italy

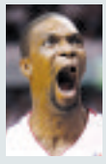
Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

NBA



"This season has to be extended for me to play again. So that's what's on my mind."

Miami Heat forward Chris Bosh
An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissable videotaped evidence.

McNamee recalled how he met Clemens when McNamee was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncomfortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

Quoted

"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

NBA

Cavs' Irving takes top-rookie trophy

Cleveland Cavaliers point guard Kyrie Irving, as has been expected for months, will be presented with the rookie of the year award on Tuesday, capping a season that he started as the No. 1 overall pick and finished as the NBA's clear-cut top rookie. THE ASSOCIATED PRESS

Kyrie Irving GETTY IMAGES FILE

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS

Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLB

Alfonzo's off hook for 100-game ban

Major League Baseball and the players' union agreed to drop the 100-game suspension imposed on Colorado Rockies catcher Eliezer Alfonzo for a positive drug test because of the same procedural issues that came up in the Ryan Braun case.

The commissioner's office said Monday that Alonzo's ban was dropped "by mutual agreement of Major League Baseball and the Major League Baseball Players Association."

Alfonzo missed 48 games in total. THE ASSOCIATED PRESS

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's sample last Oct. 1 because it was not immediately left at a FedEx office.

THE ASSOCIATED PRESS

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

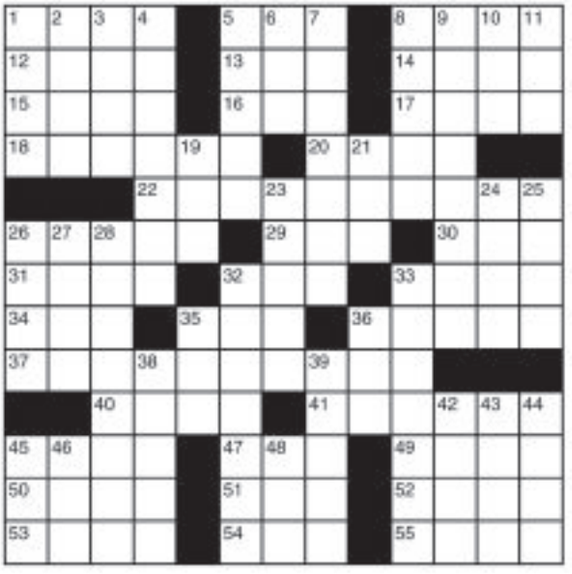
Crossword

Across

1 Fem. counterpart
5 Seek damages
8 Layer of paint
12 List-ending abbr.
13 Mess up
14 Luau dance
15 Zilch
16 Compete
17 Particular
18 Latest news
20 Chastity's mom
22 1980 Jane Fonda movie
26 Collect
29 Morning moisture
30 Martini ingredient
31 Existed
32 Spanish literary hero
33 Oberlin locale
34 Sodom evacuee
35 Nosh
36 Before
37 1984 Goldie Hawn movie
40 Metric syllable
41 Rough
45 Vivacity
47 Mainlander's memento
49 Disturb
50 Poolroom prop
51 Moray, for one
52 Tittle
53 "Planet of the —"
54 Firmament
55 Portent

Down

1 Carte
2 Covering
3 Hourglass fill
4 Wash
5 Twilight time, maybe
6 Swiss canton
7 Put up
8 Leader
9 Completely
10 Pub order
11 Highlander's chapeau
19 "— the season ..."
21 Explanation
23 Mrs. Archie Bunker
24 Henry —
25 Carbon compound
26 Piercing tools
27 Cat call
28 Ruse
32 Rooks
33 Erie neighbor
35 Swelled head
36 Venusian vessel
38 Crannies
39 With aloofness
42 Leeway
43 Location
44 Verve
45 Support system?
46 Eminem's genre
48 "A mouse!"



Sudoku

		4	6		7			
	5					1	8	
3	6				9	5		
5		8	7				4	
				1				
	2				6	8		9
		1	2				9	8
	7	3					6	
			4		3	2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ XZBLN XGOVGAP LABLXZTLN, TLZTXL ZMRLA XGVL RZ OWXX FGD W NLWXGAP MWA.

Yesterday's Cryptoquip: IF A FEMALE MONARCH WERE A FAN OF LOW-QUALITY BEDS, SHE COULD BE CALLED MARY, QUEEN OF CUTS.

Today's Cryptoquip Clue: X equals L

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 22°/11° Partly cloudy
Wednesday 31°/10° Partly cloudy
Your #1 weather forecast now available in HD.
Check your local listings for details.
HD
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Horoscope

Aries | March 21 - April 20. The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21. You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20. You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22. You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21. Where money and business affairs are concerned you must be cautious, because you could easily be tricked into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21. Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan 20. Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb 18. Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20. What you think is a problem is not really a problem at all.

SALLY BROMPTON

Caption Contest

"Birds without feather, also flock together."
Virender

MATT ROURKE/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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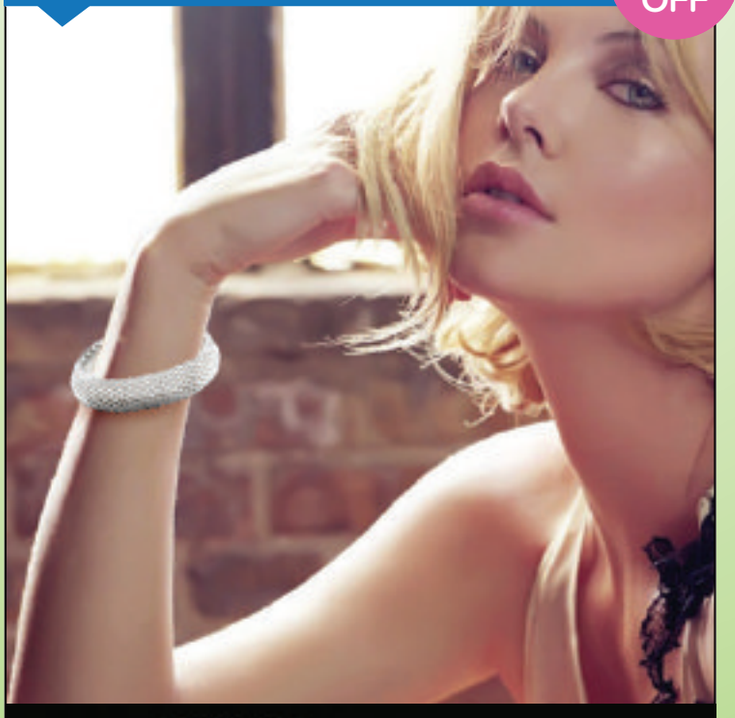

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